More background on the financial trading blackout period and the external communications blackout period (which, as of May 1, 2022, both cover the same time period) is provided in the FOMC Policy on External Communications of Committee Participants, the FOMC Policy on External Communications of Federal Reserve System Staff, and the Investment and Trading Policy for FOMC Officials, which are available here: https://www.federalreserve.gov/monetarypolicy/rules_authorizations.htm. The policies state that “The blackout period will begin at the start of the second Saturday (midnight) Eastern Time before the beginning of the meeting and will end at midnight Eastern Time on the next day after the meeting. For example, if the Committee meeting starts on a Tuesday, the blackout period will begin at the start of the Saturday that falls ten days earlier, and if the meeting ends on a Wednesday, the blackout period will end at the end of Thursday.”
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